

AFRH - G MENU

MENU #2 FOR WEEK OF

	BREAKFAST 0700-0900	LUNCH 1100-1300	SUPPER 1630-1830
M	FRESH BAKED CINNAMON ROLLS	VEGETABLE SOUP	SOUP DU JOUR
O	HOT OATMEAL/HOT GRITS	NAVY BEAN SOUP/CORNBREAD	ROASTED PORK CARNITAS
N	BLUEBERRY PANCAKES / WAFFLES	DELI SLICE MEATS/ASST CHEESE	STUFFED CRAB
D	EGGS TO ORDER	TUNA SALAD	YELLOW RICE
A	HASH BROWN POTATOES	POTATO CHIPS	CORN MEXICAL
Y	GRILLED HAM SLICES	GREEN BEANS	SUGAR SNAPS
	CREAMED SAUSAGE GRAVY	SALAD BAR #1	FRENCH ROLLS
	BREAKFAST GRAVY	DESSERT BAR #1	SALAD BAR #1/DESSERT BAR #1
T	BRAN MUFFINS	CHILI WITH BEANS/RICE	SOUP DU JOUR
U	HOT OATMEAL/HOT GRITS	CREAM OF TOMATO SOUP	SPAGHETTI W/MEAT SAUCE
E	FRENCH TOAST	EGG SALAD	ROAST TURKEY BREAST/GRAVY
S	EGGS TO ORDER	KNOCKWURST ON BUN	SUCCOTASH
D	OVEN FRIED BACON	CORN CHIPS	MASHED POTATOES
A	CORNE D BEEF HASH	BRUSSEL SPROUTS	MUSTARD GREENS
Y	HASH BROWN POTATOES	SALAD BAR #2	PLAIN GARLIC FRENCH BREAD
	BREAKFAST GRAVY	DESSERT BAR #2	SALAD/DESSERT BAR #2
W	APPLE CRANBERRY MUFFIN	CHICKEN NOODLE SOUP	SOUP DU JOUR
E	HOT OATMEAL/CREAM OF WHEAT	CORN & SHRIMP SOUP	GRILLED LIVER/ONIONS/GRAVY
D	BUTTERMILK PANCAKES / WAFFLES	TURKEY SALAD / CROISSANTS	FRIED CATFISH / HUSH PUPPIES
N	EGGS TO ORDER	ROAST BEEF POBOY / GRAVY	MASHED POTATOES/RICE
E	GRILLED SAUSAGE LINKS	HOME FRIES	GREEN PEAS
S	CREAMED CHIPPED BEEF	BABY CARROTS	CREAMED CORN
D	BAKED BEANS W/CORNBREAD	SALAD BAR #3	DINNER ROLLS
A	BREAKFAST GRAVY	DESSERT BAR #3	SALAD / DESSERT BAR #3
Y	POTATO PANCAKES		
T	PECAN COFFEE CAKE	VEGETABLE SOUP	SOUP DU JOUR
H	HOT OATMEAL/HOT GRITS	SPLIT PEA SOUP	FRIED CHICKEN
U	FRENCH TOAST	REUBEN SANDWICHES	STUFFED PEPPERS
R	EGGS TO ORDER	PIMENTO CHEESE	MACARONI AND CHEESE
S	GRILLED CANADIAN BACON	POTATO CHIPS	EGGPLANT CASSEROLE
D	MINCED BEEF	BABY LIMA BEANS	STEAMED CARROTS
A	O'BRIEN POTATOES	SALAD BAR #4	FRENCH ROLLS
Y	BREAKFAST GRAVY	DESSERT BAR #4	SALAD BAR / DESSERT BAR #4
F	FRESH BAKED CINNAMON ROLLS	CREOLE SOUP	SOUP DU JOUR
R	HOT OATMEAL/HOT GRITS	KNICKERBOCKER SOUP	BAKED FISH
I	APPLE HOTCAKES / WAFFLES	STEAK AND CHEESE SAND.	BEEF POT PIE
D	EGGS TO ORDER	SHRIMP SALAD	BAKED POTATOES W/SR. CREAM
A	GRILLED SAUSAGE LINKS	FRENCH FRIES	STEAMED BROCCOLI
Y	CREAMED GROUND BEEF	MIXED VEGETABLES	STEAMED YELLOW SQUASH
	LYONNAISE POTATOES	SALAD BAR #5	FRENCH BREAD
	BREAKFAST GRAVY	DESSERT BAR #5	SALAD / DESSERT BAR #5
S	BANANA NUT MUFFINS	TOMATO/RICE SOUP	SOUP DU JOUR
A	HOT OATMEAL/CREAM OF WHEAT	CREAM OF POTATO SOUP	POT ROAST WITH TRIMMINGS
T	BUTTERMILK PANCAKES	ASSORTED PIZZA	CHICKEN TETRAZZINI
U	EGGS TO ORDER	HAM SALAD	STEWED TOMATOES
R	OVEN FRIED BACON	CORN CHIPS	FRIED OKRA
D	CORNE D BEEF HASH	ASPARAGUS	
A	COTTAGE FRIED POTATOES	SALAD BAR #6	CORNBREAD
Y	BREAKFAST GRAVY	DESSERT #6	SALAD / DESSERT BAR #6
S	BRAN MUFFINS	MINESTRONE SOUP	SOUP DU JOUR
U	HOT OATMEAL/HOT GRITS	BROCCOLI & CHEESE SOUP	COUNTRY CHOPS
N	FRENCH TOAST / WAFFLES	FISH NUGGETS	RAVIOLI/PARMESAN CHEESE
D	EGGS TO ORDER	FRENCH FRIES	POTATOES AU GRATIN
A	GRILLED SAUSAGE PATTIES	PIMENTO CHEESE	PL & GARLIC FRENCH BREAD
Y	CREAMED GROUND BEEF	COLLARD GREENS	SPINACH
	O'BRIEN POTATOES	SALAD BAR #7	CORN ON THE COB
	BREAKFAST GRAVY	DESSERT BAR #7	SALAD/DESSERT BAR #7

DESSERT BAR SELECTIONS

Popsicles, sherbet, SF gelatin, soft serve and cup yogurt both regular and FF/SF available at Lunch and Dinner

- #01 - PEANUT BUTTER COOKIES, BANANA PUDDING
- #02 - BROWNIES, LEMON PUDDING, SF FUDGE BROWNIES
- #03 - SWEET POTATO PIE, CHOCOLATE PUDDING
- #04 - CHEESECAKE W/FRUIT TOP, COCONUT PUD, SF CHEESECAKE
- #05 - CHOCOLATE CREME PIE, BUTTERSCOTCH PUDDING
- #06 - PINEAPPLE CREAM CHEESE CAKE, CHOCOLATE PUDDING
- #07 - YEL. CAKE/CHOC ICING, PISTACHIO PUD, SF CAKE W/ ICING

GRILLED ITEMS AVAILABLE AT LUNCH

GRILLED CHEESE SANDWICHES,
HAMBURGERS/CHEESEBURGERS

GRILLED CHICKEN BREAST

GRILLED HOT DOGS/SAUERKRAUT/CHILI

DIET MENU #2 - FOR THE WEEK OF

ALL CALCULATIONS ARE BASED ON A 3 OZ. MEAT SERVING, ONE CUP OF SOUP, ½ CUP SERVING OF STARCHES, FRUITS AND VEGETABLES. ***INDICATES A MENU ITEM PREPARED WITH EXTRA LEAN GROUND BEEF.**
ALL RESIDENTS ARE ENCOURAGED TO SELECT A RAW VEGETABLE SALAD AT EACH MEAL.

SF = SUGAR FREE		LF = LOW FAT ITEM		LS/LF = LOW SODIUM/LOW FAT		
	BREAKFAST 0700-0900	CAL	LUNCH 1100-1300	CAL	SUPPER 1630-1830	CAL
M	HOT OATMEAL/GRITS	85	VEGETABLE SOUP	85	VEGETABLE SOUP	85
O	SCRAMBLED EGGBEATERS	45	LF TUNA SALAD	140	TURKEY/BROCCOLI STIR FRY	198
N	HARD BOILED EGGS (2)	160	GREEN BEANS	26	BROWN RICE/BREAD	80/85
	STEWED PRUNES (3)	60	ZUCCHINI SQUASH	30	CORN MEXICAL	80
	SLICED HAM	210	SF CHERRY COBBLER	180	SUGAR SNAPS	30
	VEG/CHEESE/BACON FRITTATA	185			SF CHERRY COBBLER	180
T	HOT OATMEAL/GRITS	85	CREAM OF MUSHROOM	135	CREAM OF MUSHROOM	13
U	SCRAMBLED EGGBEATERS	45	LF GRILLED CHEESE SAND	240	SPAGHETTI W/SAUCE	5
E	HARD BOILED EGGS (2)	160	BRUSSEL SPROUTS	30	GREEN BEANS	27
	STEWED PRUNES (3)	60	STEAMED BROCCOLI	25	MUSTARD GREENS	30
	LF/LS SAUSAGE LINKS	80			FRENCH BREAD	85
W	HOT OATMEAL	85	CHICKEN NOODLE SOUP	75	CHICKEN NOODLE SOUP	75
E	HOT CREAM OF WHEAT	85	TURKEY HOT DOG (1)	100	VEGETABLE LASAGNA	230
D	SCRAMBLED EGGBEATERS	45	BUN	90	STEAMED CAULIFLOWER	25
	HARD BOILED EGGS (2)	160	BAKED BEANS	85	GREEN PEAS	83
	STEWED PRUNES (3)	60	WHOLE BABY CARROTS	30	DINNER ROLL	80
	BAKED BEANS	85				
T	HOT OATMEAL/GRITS	85	SPLIT PEA SOUP	100	SPLIT PEA SOUP	100
H	SCRAMBLED EGGBEATERS	45	BEEF LO MEIN	230	* STUFFED PEPPER	240
U	HARD BOILED EGGS (2)	160	BABY LIMA BEANS	82	LF MACARONI/CHEESE	130
R	STEWED PRUNES (3)	60	SF PEACH COBBLER	180	FRENCH ROLL	130
	CREAMED GROUND TURKEY	90			EGGPLANT CASSEROLE	78
	(1/4 CUP)				SF PEACH COBBLER	180
F	HOT OATMEAL/GRITS	85	KNICKERBOCKER SOUP	96	KNICKERBOCKER BEAN SOUP	96
R	SCRAMBLED EGGBEATERS	45	LF SHRIMP SALAD	135	LEMON BAKED FISH	160
I	HARD BOILED EGGS (2)	160	MIXED VEGETABLES	40	BAKED POTATO	90
	STEWED PRUNES (3)	60	SPINACH	32	STEAMED BROCCOLI	25
	SLICED HAM	210			STEAMED YELLOW SQUASH	30
	VEG/CHEESE/BACON FRITTATA	185			BLACKEYED PEAS	90
S	HOT OATMEAL	85	TOMATO/RICE SOUP	100	TOMATO/RICE SOUP	110
A	CREAM OF WHEAT	85	VEGGIE PIZZA (1 SLICE)	190	OVEN FR SKINLESS CHICKEN	250
T	SCRAMBLED EGGBEATERS	45	ASPARAGUS	30	WHOLE KERNEL CORN	82
	HARD BOILED EGGS (2)	160	PEAS W/PEARL ONIONS	90	CARROTS	25
	STEWED PRUNES (3)	60			BROWN RICE & GRAVY	80/50
	SWT POTATO PANCAKE (1)	105				
S	HOT OATMEAL/GRITS	85	MINESTRONE SOUP	89	MINESTRONE SOUP	89
U	SCRAMBLED EGGBEATERS	45	*LF BURGERS	180	LF COUNTRY CHOPS	320
N	HARD BOILED EGGS (2)	160	BUN	160	CORN ON THE COB	81
	STEWED PRUNES (3)	60	COLLARD GREENS	30	BAKED SWEET POTATO	82
	LS/LF SAUSAGE PATTIES	115	CAULIFLOWER	25	SPINACH	25

BREAKFAST STANDARD MENU ITEMS

BOILED EGGS, PRUNES, BAGELS, BISCUITS, ENGLISH MUFFINS, WAFFLES, FRUIT COCKTAIL, SYRUP, SF SYRUP, HONEY, JAMS, JELLIES, SF JELLY, PEANUT BUTTER, ASSORTED JUICES, BANANAS, GRAPEFRUITS, ASSORTED FRUITS, CREAM CHEESE, VEGETABLE BURGERS AND TOAST.

STANDARD MENU ITEMS - ALL MEALS

ASSORTED BREADS AND DRY CEREALS, LEMONADE, ASSORTED MILK BEVERAGES AND SOFT DRINKS (REGULAR AND DIET), REGULAR AND DECAFFINATED COFFEE, TEA BAGS, UNSWEETENED TEAS, SLICED LEMONS

STANDARD SALAD BAR FOR LUNCH AND DINNER

LETTUCE garnished w/romaine leaves SLICED TOMATOES CELERY STICKS GREEN ONIONS CARROT STICKS
DILL PICKLE SLICES SWEET PICKLES CUCUMBERS SLICED ONIONS CHEESE JALAPENO PEPPERS

ROTATING SALAD BAR ITEMS FOR LUNCH AND DINNER

<u>Monday, Wednesday, Friday,</u>	<u>Tuesday, Thursday, Saturday</u>	<u>Sunday</u>
Beets, Sliced Green Peppers,	Pickled Beets, Black Beans,	Beets, Black Eye Peas,
Broccoli, Shredded Carrots,	Chopped Green Peppers,	Sliced Black Olives, Broccoli,
Garbanzo Beans, Green Olives	Whole Black Olives,	Sliced Green Peppers
	Cauliflower, Chopped Celery	Shredded Carrots

STANDARD DRESSINGS

DIET FRENCH DRESSING

DIET ITALIAN DRESSING

DIET RANCH DRESSING

BLUE CHEESE DRESSING		DIET THOUSAND ISLAND DRESSING	OIL & VINEGAR
DAILY SALAD BAR			
#01	WALDORF SALAD, CHUNK PINEAPPLE, SUGAR FREE LEMON GELATIN		
#02	CARDINAL SALAD, SLICED PEACHES, SUGAR FREE STRAWBERRY GELATIN		
#03	KIDNEY BEAN SALAD, SLICE PEARS, SUGAR FREE ORANGE GELATIN W/ CRUSHED PINEAPPLE		
#04	PASTA SALAD, SLICED APRICOTS, SUGAR FREE TANGERINE GELATIN		
#05	POTATO SALAD, SLICED PINEAPPLE, SUGAR FREE LIME GELATIN		
#06	CARROT/RAISIN SALAD, SLICED PEACHES, SUGAR FREE CHERRY GELATIN		
#07	THREE BEAN SALAD, SLICED PEARS, SUGAR FREE STRAWBERRY GELATIN W/ MANDARIN ORANGES		